



Children's Mental Health of Leeds & Grenville



Middle Years Program **Mental Health Service for Families of** **Children Aged Six to Twelve**

Middle Years is a specialized mental health counselling service for children aged six to twelve and their family. Children and their families find that this service supports both their child's healthy emotional development and strengthens positive parenting in the family home.

Middle Years Services

- Time limited, goal directed service
- Less than six months
- Establishment of two or three treatment goals
- Counsellors use several counselling activities, including evidence based practices, that work best for children aged six to twelve
- Build upon abilities and strengths of participating parents

Services will be delivered in a location that meets the needs of both the family and the services required. Your Middle Years counsellor may meet with you at your family home, talk to your son/daughter's teacher or arrange to provide services at one of our community offices. Service length may vary from a single visit to several sessions depending on child and family needs.

Our Middle Years counsellors work closely with other service partners including your child's school and with your consent, will work collaboratively with other service providers to put together an effective treatment plan for your child and family.

Who might benefit from the Middle Years Program?

- Parents who have an ongoing concern or worry about their child's social or emotional development
- Children who are engaging in one or more problem behaviours such as self-harm, aggression, or difficult social behaviours
- Parents worried about how your child or family is managing, perhaps in response to significant change, loss, or trauma
- Parents having a hard time coping in their role as parents for any reason

As we learn more about your child's needs and how best to help your family, our counsellors may connect you with other services provided at Children's Mental Health of Leeds & Grenville including Triple P parenting groups, counselling for anxiety, responding to trauma and other specialized services. In some instances consultation with a pediatrician or a child psychiatrist or psychologist can be helpful in planning treatment goals for your child.

Our Middle Years counsellors build on each family's unique strengths as we work together with your family and your community counsellor to respond to your child's mental health needs.

1.800.809.2494
www.cmhl.gc.ca